

Chinese Cuisine

with Sissi Chen



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Authentic Chinese

Sissi Chen

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Authentic Chinese

What defines Chinese cuisine? Learn now about regional differences and how to prepare various Chinese classics.

Chinese cuisine is very diverse. China is not only an incredibly large country with many different climates and geographic extremes, it is also home to many ethnic groups, each bringing their own unique culinary culture.

In this course, food influencer and cookbook author Sissi Chen explains the many culinary nuances of China. You will learn which staple ingredients and tools are used in many Chinese kitchens and how major festivals—like Chinese New Year or the Mooncake Festival—are celebrated with food.

Sissi also shows you how to easily prepare regional classics. Look forward to mapo tofu from Sichuan, fried sticky rice from Yunnan, scallion pancakes from Beijing, and many more!

In this workbook, you will find all recipes and information related to the course. Have fun cooking and enjoy!

Thanks!



Sissi Chen

For Sissi, food is an entry point to finding one's identity, cultural sensitivity, and lots of enjoyment.

Sissi Chen was born in Beijing and spent the first years of her childhood in Beijing and Yunnan. At age 7, she moved to Vienna and got to know Austrian cuisine. Even as a child, she enjoyed cooking and tried many recipes.

In 2010, she moved to Berlin where she studied marketing and management and worked for over ten years as a strategist in various agencies. Among other things, she also worked with food companies. In Berlin, she started the blog and Instagram account *@eatinginberlin*, where she both cooks and showcases food and restaurants from different countries.

Sissi also writes recipes for *Zeit Magazin* and advises various culinary projects on cultural sensitivity. In 2024, Sissi published her first cookbook: *Einfach Chinesisch* ("Simply Chinese"). In it, she shows that cooking Chinese food doesn't have to be mysterious or complicated.

For Sissi, Chinese cuisine is a very important connection to her roots, her childhood, and her grandparents.



Sissi Chen




[@eatinginberlin](https://www.instagram.com/eatinginberlin)

Cooking Chinese food at home can be so simple, uncomplicated, and straightforward.

Kung Pao Chicken



Ingredients & Infos

 Preparation 45 min	 Total time 1 h	 Portions 2	neutral oil, for sautéing
			2 tsp oyster sauce
			1 red onion
			roasted peanuts, or cashews
			1 tsp salt
			2 scallions
			1 tsp sichuan pepper oil, optional
			2 ½ tbsp soy sauce
			2 tsp sugar
			8 tbsp water
			½ zucchini
½ lb chicken			
2 chilis, dried			
1 tbsp cornstarch			
1 tsp cornstarch			
1 tsp doubanjiang, optional			
3 garlic cloves			
½ green bell pepper			

Recipe Steps

Step 1

Marinating

Mix cornstarch, water, soy sauce, salt, sugar, and oyster sauce together. Cut the chicken into bite-sized pieces, combine it with the marinade and set aside.

1 tbsp cornstarch

1 tbsp water

1 tbsp soy sauce

½ tsp salt

1 tsp sugar

1 tsp oyster sauce

½ lb chicken

Step 2

Vegetables

Chop the scallions (reserve a few rings for garnish), red onion, garlic, pepper, and zucchini into small pieces.

Advice

You can use a variety of vegetables: Broccoli, carrots, and celery also work very well.

2 scallions

1 red onion

3 garlic cloves

½ green bell pepper

½ zucchini

Step 3

Frying

In a hot pan with oil, first fry the chicken until it has color on all sides. Then take it out. Next, add the dried chilis and oil to the medium-hot pan. Heat them up until the oil has absorbed the chili aroma well. Then add garlic, scallions, bell pepper, and zucchini and stir-fry them.

neutral oil (for sautéing)

2 chilis (dried)

Step 4

Sauce

Mix cornstarch, water, soy sauce, sugar, salt, oyster sauce, and doubanjiang and pour the mixture into the pan. Add the chicken as well. Stir everything and add more water if needed so the dish does not become too dry.

Advice

If the sauce is not thick enough, mix 1 tsp cornstarch with a little water and pour the slurry into the pan. At that moment, you can reduce the heat.

1 tsp cornstarch

7 tbsp water

1 ½ tbsp soy sauce

1 tsp sugar

½ tsp salt

1 tsp oyster sauce

1 tsp doubanjiang (optional)

Step 5

Finishing Touch _____

Season the dish with a little Sichuan pepper oil and finally sprinkle the nuts and scallion rings on top. The dish should be neither too dry nor too runny.

1 tsp sichuan pepper oil (optional)

roasted peanuts (or cashews)

Workbook

with recipes and information
for the online cooking course
with Sissi Chen

Course

Chinese Cuisine

Chef

Sissi Chen